

## Breathing for Stress Relief

If you've ever felt anxious or overwhelmed, most of us have on occasion, a well-intended person may have encouraged you to "just breathe." There are many different breathing exercises to learn with benefits; however, one I often teach my patients is "Box Breathing". It is simple, easy to remember, and can be done anywhere. I find after just a minute or two of box breathing, I feel lower levels of stress, my shoulders have lowered, and my blood pressure is more regular.



**For additional information on the benefits of Box Breathing, use link below.**  
**[Box Breathing Benefits and Techniques – Cleveland Clinic](#)**

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.